

News

School Nurse and School Health Services

Iowa Department of Education

May 2010

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Summer Safety

The American Academy of Pediatrics (AAP) encourages using the family summer safety resources for your newsletter and website citing the AAP source. Access the two part safety tips, also available in Spanish, <http://www.healthychildren.org/English/news/pages/Summer-Safety-Tips-Part-I.aspx> and <http://www.healthychildren.org/English/news/pages/Summer-Safety-Tips-Part-II.aspx>. Part I contains heat stress, pools, bugs, playground, bicycle, skateboard, scooter, skating, and lawn mower safety. Part II contains fireworks, boating, open water swimming, and all-terrain vehicles safety. An example from the sun protection tips for older children follows:

- ‘The first, and best, line of defense against the sun is covering up. Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that block 99-100% of ultraviolet rays), and cotton clothing with a tight weave.
- Stay in the shade whenever possible, and limit sun exposure during the peak intensity hours - between 10 a.m. and 4 p.m.
- Use a sunscreen with an SPF of 15 or greater. Be sure to apply enough sunscreen - about one ounce per sitting for a young adult.
- Reapply sunscreen every two hours, or after swimming, or sweating.
- Use extra caution near water, snow, and sand as they reflect UV rays and may result in sunburn more quickly.’

The new AAP website, HealthyChildren.org, contains information for parents of all pediatric age groups

<http://www.healthychildren.org/English/Pages/default.asp>

State Kindergarten entry requirements

Immunizations. Required to enter school. Local Public Health audits in fall. Law, certificates, program information, required to submit certificate to begin school <http://www.idph.state.ia.us/adper/immunization.asp>

Dental Screening. Not required to attend school. I-Smile/Public Health personnel audit in spring. Rules, forms, and information http://www.idph.state.ia.us/hpcdp/oral_health_school_screening.asp

Blood Lead Testing. Not required to attend school. Request date of blood level testing submit a list of all kindergarten students and test dates, if available, on lead spreadsheet no more than sixty days after school begins. Send to Public Health bmcparti@idph.state.ia.us. Rules, Q&A sheets, spreadsheet http://www.idph.state.ia.us/eh/lead_poisoning_prevention.asp

Vision Card. Not required to attend school. It is required to give a vision card to the parent/guardian of each registering kindergartener or preschooler. Order cards from Iowa Optometric Association <http://www.iowaoptometry.org/>

Plus any local district requirements.

Iowa Medication Administration Course

The medication administration basic course is available to Iowa School employees. To access the course enter the district code for the AEA professional development system. Ask your administration/technology personnel for the code. The course is for school personnel to whom authorized health practitioners have delegated the administration of medication at school and in school activities. The *Medication Administration in Iowa Schools* is an online education course designed to partially meet laws and assist schools to provide student medication administration safely and effectively. The course contains basic medication administration step-by-step procedures. After successful completion of the seventeen units with a 100% score, the person prints a certificate. Then the person takes the certificate to the school nurse to complete the skills demonstration and successfully complete the certification.

Directions to access the online training at the new location:

1. Go to the Heartland home page at <http://www.aea11.k12.ia.us>
2. Click on the link to **Online Trainings** under **Home tab**.
3. Click on the link for the entrance to **Online Training System**.

Register in the system: The first time in the new system, everyone must register (even if you have completed trainings before).

1. Click on the **Register into the System** button at bottom of the page.
2. Fill in your first and last name.
3. Enter either your social security number or your driver's license number using the one you have used at Heartland in the past, or you will not have access to your old records.
4. Choose your own personal username and password (**not** the one supplied by your AEA). The system gives you some hints to find an acceptable one. Please retain your username and password for future use.
5. Enter your email and click **Submit Student Information** button. You are now registered into the training system.

Login and Log out: The next time you come to the site, you will enter your username and password and click **Login** button.

To log out of the system, click on the **log out** button located in the upper right corner.

Forgot your username or password? On the Welcome page, you can recover your username and password. Click on **Recover user information** and enter the information requested. The information will be sent to the email address you provided when you registered.

To register for a course:

1. From the **Course Catalog** selection list, click the **Register** button for the training you wish to take.
2. On the map of Iowa, be sure to click the **AEA** serving your school district.
3. From the dropdown menu, choose the district that you are in, enter your nursing license number if applicable and the password given to you by your school district or AEA. Click **Submit**.

Just like before, you can log out of your course before you have finished and then login to resume.

To resume a course:

1. Click on **Active Courses** link.
2. Click on **Resume** button next to the course.

To change personal information click button with your name on it in upper right corner.

To print a certificate: To print out a certificate, click on **Course Certificates** and then click on course title. On the screen below, you will see a button that allows you to print the certificate.

To retake a course: Click **Retake** button next to the course that has not expired and refer to directions above under **to register for a course**. For questions, contact: Your AEA OR Heartland Professional Development, 1-800-255-0405, Ext. 14701

Viruses that Cause Gastroenteritis and Surface Disinfectants

Some 40 percent of surface disinfectants are ineffective in eliminating viruses that cause gastroenteritis. According to a study published by Universite Laval researchers in the *Journal of Food Protection*, only bleach-based disinfectants drastically reduce the concentration of noroviruses that spread directly by contact with infected persons or indirectly through contaminated objects, foods, or surfaces. Effectiveness of disinfectants used to clean surfaces at home or food businesses is crucial for limiting the spread of these viruses, effecting 21 million people every year in the United States Retrieved April 30, 2010, from <http://www.infectioncontroltoday.com/hotnews/surface-disinfectants-efficacy-noroviruses.html>

Military Dependent Services and Benefits

Iowa anticipates 3,500 Iowa National Guard members and 3,000 Reservists, assigned to Iowa units will deploy to Afghanistan or Iraq in 2010. These upcoming deployments represent the largest deployment of Iowa troops since World War II. As Iowa military members leave for combat, leaving at home some 12,000 military dependents, including many students in Iowa's PK-12 schools.

Military dependents affected by deployments are eligible for a variety of services and benefits designed to help them cope. The best source of information to find out what a military dependent or child is eligible for is **Operation: Military Kids**.

Tom Beasley, Department of Education Consultant is the Iowa Department of Education's Military School Liaison for the academic year 2010-2011. If school nurses believe they are seeing a military child in need of help, please contact Tom Beasley,

Thomas.beasley@iowa.gov or Ms. Chris Gleason, Iowa's Operation Military: Kids Project Director, cgleason@iastate.edu

Student temporary exclusion from school for illness-basic criteria

The following, developed by IDPH and DE, provides general guidance for schools on the basic criteria to consider for student temporary exclusion from school due to illness. There may be exceptions issued by IDPH when special concerns emerge.

While most illnesses do not require exclusion, there are times when the student should be sent home. If the illness:

- Prevents the student from participating comfortably in activities.
- Results in needed care greater than school personnel can provide considering the health and safety of other students.
- Poses a risk of spread of harmful diseases to others.

If any of these criteria exist, the best option for the student is exclusion, regardless of the type of illness.

The basic criteria above may be included in school procedures and shared with school staff and parents to describe situations for temporarily excluding students from school for illness. Detailed information intended for the school nurse in developing school procedures follows:

Temporary exclusion recommended when:

- The illness prevents the student from participating comfortably in activities as observed by the school staff.
- The illness results in a greater need for care than the school staff determine they can provide without compromising their ability to care for other students.
- The student has the following conditions, unless a health professional determines the student's condition does not require exclusion.
 - The student appears severely ill—Could include lethargy, lack of responsiveness, irritability, persistent crying, difficult breathing, or quickly spreading rash.
 - Fever (temperature **above** 101°F orally, 100°F axillary) **and** behavior change or other signs and symptoms such as a sore throat, rash, vomiting, or diarrhea.Note: Fever as a single symptom is not a valid reason for exclusion.

Prepare for managing temporary exclusion:

- Prepare all families for inevitable illnesses ahead of time.
- Review and provide families with the temporary exclusion criteria.
- Ensure parent provided plan and back-up plan for student temporary exclusion is on file.
- Ensure all school staff know and understand the temporary exclusion criteria.

Procedure for a student requiring temporary exclusion:

- Follow plan provided by parent, report symptoms, and arrange for temporary exclusion.
- Separate student from others.
- Comfort, supervise, and observe the student until plan is implemented.
- Notify person picking the student up of any recommended guidance and readmission recommendations (Health professional's note to readmit is generally not required).
- Document actions in the students file with date, time, symptoms, actions taken, person taking actions, and signature of the person providing the service.

References

- Aronson, S. S., & Shope, T. R. (Eds.). (2009). *Managing infectious diseases in child care and schools: A quick reference guide* (2nd ed.) (pp. 39-43). Elk Grove Village, IL: American Academy of Pediatrics.
- Centers for Disease Control and Prevention (CDC). Diseases and Conditions at <http://www.cdc.gov/DiseasesConditions/>. Atlanta, GA CDC.
- Committee on Infectious Diseases. (2009). *Red Book: 2009 Report of the committee on infectious diseases* (28th ed.) (pp. 127-131). Elk Grove Village, IL: American Academy of Pediatrics.
- Heymann, D.L. (Ed.). (2008). *Control of communicable diseases manual*. Washington: DC. American Public Health Association.
- Iowa Department of Education. (current). Iowa Code 282.3 and 299.5 school attendance, exclusion, and proof. A child physically or mentally unable to attend school, or presence injurious to the health of others, shall be required to provide proof of the child's condition.
- Iowa Department of Public Health. (2006, October). *The epidemiology of common communicable diseases*. Des Moines, IA: IDPH.
- Iowa Department of Public Health. *Epi manual communicable diseases and factsheets*. Des Moines, IA: IDPH.
www.idph.state.ia.us/idph_universalhelp/main.aspx?system=IdphEpiManual and www.idph.state.ia.us/adper/epi_fact_sheets.asp
- Iowa Department of Public Health. (2006, November). *Parent's Guide to childhood respiratory illness*. www.idph.state.ia.us/adper/flu.asp. Des Moines, IA: IDPH.
- Workgroup: Judy Goddard, Mary Rexroat, Carol Hinton (Iowa Department of Public Health) and Sara Peterson, Charlotte Burt (Iowa Department of Education), 3/26/10, AAP permission to use referenced materials 4/13/09.

2010 Preliminary Information/Updates/Recent Legislation

PUBLIC HEALTH DISASTER SCHOOL CLOSINGS. Iowa Code 135.144(13) added: Order, in conjunction with the department of education, temporary closure of any public school or nonpublic school, as defined in section 280.2, to prevent or control the transmission of a communicable disease as defined in section 139A.2.

SCHOOL DENTAL SCREENINGS. (**may** be effective 2010-2011 school year-you will be notified) Iowa Code 135.17 amendments:

- * a child enrolled in elementary school provides evidence of a dental screening to the school district or accredited nonpublic elementary school, no earlier than three years of age but no later than four months after enrollment
- * a high school student provides evidence of having, at a minimum, a dental screening performed no earlier than one year prior to enrollment and not later than four months after enrollment by a licensed dental hygienist or dentist
- * dental screening performed by a licensed physician, a licensed nurse, a licensed physician assistant, or a licensed dental hygienist or dentist (as defined in Iowa code omitted allowing out of state practitioners to perform the screening)
- * allows school nurses to record information on the IDPH Certificate of Dental Screening Form
- * by May 31 annually, each school furnishes Public Health evidence each student required has met the dental screening requirement

IOWA YOUTH SURVEY Iowa Code 135.11(31) added: Administer the Iowa youth survey, in collaboration with other state agencies, as appropriate, every two years to students in grades six, eight, and eleven in Iowa's public and nonpublic schools. Survey data shall be evaluated and reported, with aggregate data available online at the Iowa youth survey internet site. House File 2144

SPECIAL EDUCATION. Iowa Code 256B.2 (a) amendment: Children requiring special education include under age five years and if reaches age twenty-one may elect to receive services until the end of the academic year. SF2291 contains other amendments.

REQUIRING PUBLIC SCHOOLS, COMMUNITY COLLEGES, INSTITUTIONS UNDER THE CONTROL OF THE STATE BOARD OF REGENTS, AND STATE AGENCIES TO COMPLY WITH AN ENVIRONMENTALLY PREFERABLE CLEANING AND MAINTENANCE POLICY UNLESS SPECIFIED CONDITIONS FOR NONCOMPLIANCE ARE SATISFIED. Iowa Code 8A.318 new section: The Iowa Department of Administrative Services, on their website, provides requirements, information, and encourages the use of an environmentally preferable cleaning policy. Each agency conducts an evaluation and assessment regarding implementation. On or after July 1, 2012, all who have not opted out purchase only cleaning and maintenance products identified as meeting nationally recognized standards. Does not prohibit use of disinfectants, disinfecting cleaners, sanitizers, or any other antimicrobial product regulated by the federal Insecticide, Fungicide, and Rodenticide Act, 7 U.S.C. when necessary to protect public health and the products is used in accordance with responsible cleaning procedure requirements. The agency may, based on the conducted evaluation and assessment, opt out of compliance on the affirmative vote of a majority of the members of the board of directors, president, or administrative officer. If opting out, the agency shall notify their respective governing agency. House File 823

NURSING WORKFORCE INCLUDING THE ESTABLISHMENT OF AN IOWA NEEDS NURSES NOW INITIATIVE.

Iowa Code 84A.11 establishes a nursing workforce data clearinghouse and health care workforce support initiative to provide coordination and support efforts to address health care workforce shortages and report to the Governor. Iowa Code 135.175 specifies appropriation of the accounts. Establishes health care professional incentive payment program to recruit and retain health care professionals repeals some existing funding 2014. Included are grants to improve the training of nurses and nurse educators and to enhance nurse's clinical experiences. Implementation is based only on the extent funding is available. Senate File 2384

CRIMINAL HISTORY AND ABUSE REGISTRY CHECKS FOR EMPLOYEES OF HEALTH CARE FACILITIES AND OTHER HEALTH-RELATED PROVIDERS, REQUIRING CHECKS FOR CERTIFIED NURSE AIDE TRAINING PROGRAM STUDENTS, AND PENALTY. Iowa Code 135C.33 amendments: Prior to employment of a person in a facility, the facility performs a record checks on criminal history and child and dependent adult abuse record. Senate File 2149

Department Legislative Summaries when available:

Iowa Department of Education, 2010 Legislation by Year,

http://www.iowa.gov/educate/index.php?option=com_content&view=article&id=1529&Itemid=2348#LegislativeUpdate

Iowa Department of Public Health Legislative Summary, http://www.idph.state.ia.us/adper/legislative_updates.asp

Iowa Department of Human Services Legislative Update 2010 in separate attachment

Resources

Achievement gap. Basch, C.E. (2010). *Healthier students are better learners: A missing link in efforts to close the achievement gap.* Equity Matters: Research Review No. 6. New York: The Campaign for Educational Equity. Retrieved March 20, 2010, from <http://www.equitycampaign.org/article.asp?t=d&id=7381> (Health-related problems are a major role in limiting motivation and ability to learn. Recent research found compelling evidence-on educationally relevant health disparities in the educational achievement gap).

Chronic health needs of students. Donoghue, E.A. & Kraft, C.A. (Eds.). (2010). *Managing chronic health needs in child care and schools: A quick reference guide.* Elk Grove Village, IL. American Academy of Pediatrics. Order from bookstore <http://www.aap.org>

CPR course completion requirement [281 IAC 12.5(20)]. Effective 2011-2012. Prior to end twelfth grade, each pupil completes a psychomotor CPR course. A waiver is available for a pupil physically unable to complete course. The course must lead to CPR certification (adult and child) and may be taught during school day either by a school district employee or by a volunteer, as long as person is certified to teach a course that leads to CPR certification. Certification from any nationally recognized CPR course is acceptable. Not acceptable - CPR auditing or infant CPR only course. Retrieved April 30, 2010, from http://www.iowa.gov/educate/index.php?option=com_content&view=article&id=1769&catid=838&Itemid=2545

Head lice-Iowa recommendations on head lice prevention and control for schools, Department of Public Health Epi Manual, other section, lice. Retrieved April 20, 2010, from http://www.idph.state.ia.us/idph_universalhelp/main.aspx?system=IdphEpiManual , health care professionals http://www.idph.state.ia.us/idph_universalhelp/main.aspx?system=IdphEpiManual Fact sheet for general public http://www.idph.state.ia.us/idph_universalhelp/main.aspx?system=IdphEpiManual Fact sheet for and Centers for Disease Control and Prevention (CDC) <http://www.cdc.gov/lice/head>. http://www.idph.state.ia.us/idph_universalhelp/main.aspx?system=IdphEpiManual

Healthy Teen Network - New Online Evidence-Based Resource Center - Customized trainings and technical assistance to online resources. For more information, visit the Evidence-Based Resource Center. Retrieved May 2, 2010, from www.healthyteennetwork.org

Infectious diseases in schools. Aronson, S.S. & Shope, T.R. (Eds.). (2009). *Managing Infectious Diseases in Child Care and Schools.* Elk Grove Village, IL. American Academy of Pediatrics. Order from bookstore <http://www.aap.org>

Iowa Influenza Surveillance Network Weekly Report. Retrieved April 30, 2010 from <http://www.idph.state.ia.us/adper/iisn.asp>. April 24, week 16, no school reported $\geq 10\%$, School Illness Surveillance, Schools Surveyed 15, Mean 2.46%.

Iowa Quality Preschool Program Standards (IQPPS). Standard 5: Health-Program promotes nutrition & health of all children and staff and protects them from preventable illness and injury. Retrieved April 23, 2010, from http://www.iowa.gov/educate/index.php?option=com_content&task=view&id=681&Itemid=1571

Medication Administration Curriculum for early education and child care professionals. As part of the *Healthy Futures: Improving Health Outcomes for Young Children* project, the American Academy of Pediatrics (AAP) developed a medication administration curriculum designed for early education and child care professionals. The curriculum contains 5 modules, PowerPoint presentations, video clips, activities, forms, and pre-and post-tests. Estimated time to take and present is 4 hours and the materials can be adapted to meet time constraints, learner needs, and instructor needs. Optimal instructors for this course include child care health consultants, pediatricians, and other licensed health care professionals with experience in child care settings. Individuals interested in participating in this curriculum can ask a child care health consultant to present a workshop or ask their AAP Chapter Child Care Contact to present a workshop. Retrieved May 2, 2010, from www.healthychildcare.org/HealthyFutures.html

Methicillin-Resistant *Staphylococcus aureus* (MRSA) in schools and among athletes and Policy/Procedure Check List for School Athletic Programs. Retrieved April 19, 2010, from http://www.idph.state.ia.us/adper/antibiotic_resistance_school.asp Fact sheet health professionals http://www.idph.state.ia.us/idph_universalhelp/main.aspx?system=IdphEpiManual

Nutrition Standards. Effective 2010-2011 school year, the Healthy Kids Act, nutrition section, establishes nutritional content standards for food and beverages sold or provided on school grounds during the school day including foods and beverages sold via vending machines, foods and beverages sold as a la carte items, and foods and beverages sold as part of regulated fundraising. For more information on the content standards, nutrition calculator, and toolkit. Retrieved April 24, 2010, from http://www.iowa.gov/educate/index.php?option=com_content&view=article&id=1769&catid=838&Itemid=2545

Obesity

U.S. Preventive Services Task Force, Agency for Healthcare Research and Quality, Screening for Obesity in Children and Adolescents. (January 2010). Retrieved April 26, 2010, from <http://www.ahrq.gov/clinic/uspstf/uspshobes.htm>

U.S. Preventive Services Task Force. (February 2010). Pediatrics. *Screening for Obesity in Children and Adolescents: US Preventive Services Task Force Recommendation Statement*, 125: pp. 361-367. Retrieved April 26, 2010, from <http://pediatrics.aappublications.org/cgi/content/full/125/2/361>

Whitlock, E. P., O'Connor, E.A., Williams, S.B., Beil, T.L., and Lutz, K.W. (February 2010). PEDIATRICS. *Effectiveness of Weight Management Interventions in Children: A Targeted Systematic Review for the USPSTF*, 125, pp. e396-e418. Retrieved April 26, 2010, from <http://www.pediatrics.org/cgi/content/full/125/2/e396>

Robert Wood Johnson Foundation, Gallup. (January 20, 2010). *Nursing leadership from bedside to boardroom: Opinion leaders' perceptions*. Retrieved April 23, 2010, from <http://www.rwjf.org/pr/product.jsp?id=54350> (Examined nursing/nursing leadership views, American public rated nurses highest honesty and ethical standards, 83%, potential/expertise not fully used, and need use make voices heard, higher expectations, perception).

School Leader Update-Monthly publication containing information and resources for school leaders <http://www.iowa.gov/educate/>

U.S. Department of Agriculture. (2001). *Accommodating Children with Special Dietary Needs in the School Nutrition Programs: Guidance for School Food Services Staff*. USDA, Washington, DC. Retrieved April 26, 2010, from http://www.fns.usda.gov/cnd/guidance/special_dietary_needs.pdf and link under special needs <http://www.fns.usda.gov/cnd/guidance/default.htm>

U.S. Department of Education. (March 2010). *A Blueprint for reform: Reauthorization of Elementary Secondary Education Act*. Retrieved April 26, 2010, from <http://www2.ed.gov/policy/elsec/leg/blueprint/index.html> (Supports Successful, Safe, and Healthy Students)

U.S. Department of Education. (March 2010). *Transforming American education learning by technology*. Retrieved April 26, 2010, from <http://www.ed.gov/technology/netp-2010>. (Goals: Close achievement gap-all students graduate from high school ready to succeed in college and careers and Raise % students receiving - 2 or 4-year degree from 39% to 60%).

Websites-Department of Education (DE) <http://www.iowa.gov/educate>
School Nurse legal references, overview, and references
http://www.iowa.gov/educate/index.php?option=com_content&task=view&id=1729&Itemid=2524
Iowa Department of Public Health (IDPH) <http://www.idph.state.ia.us>

Calendar

May 12, Joyful School Nurse Day!!!!

June 9-11, HIV, STD, and Human Sexuality, Regional Conference, Kansas City, <http://www.conferenceksde.org/hiv>

June 29-July 3, NASN Conference, Chicago, <http://www.nasn.org>

July 20, Blank Children's Hospital goes-Back to School, Des Moines, volkmela@ihs.org

August 4, New School Nurse Orientation, Des Moines, Iowa School Nurse Organization <http://www.isno.org>

August 12, School Nurse and School Health Services 2010-2011 Update, SAVE THE DATE, Webinar 10:00am-11:30am, access from your computer*

September 22-23, HIV Prevention and Care, Des Moines

October 13-16 ASHA Conference, Kansas City, <http://www.ashaweb.org>

October 14-15 University of Iowa School Nurse Conference, Iowa City

October, Watch for announcement of 4 Team Nutrition sessions across the state

*Please join in a Connect Pro Meeting: Iowa School Nurse 2010-2011 Update: 08/12/2010: 10:00 AM-11:30 AM

To join the meeting: <http://iowaec.na4.acrobat.com/r28451025/> If you have never attended a Connect Pro meeting before:

Test your connection: http://iowaec.na4.acrobat.com/common/help/en/support/meeting_test.htm

Get a quick overview: http://www.adobe.com/go/connectpro_overview

Iowa School Nurse Mailing List

The Iowa School Nurse (iowasn) Mailing List is a communication tool for Iowa School Nurses. The Mailing List is the Department of Education link with school nurses allowing the Department and Nurses to communicate via email messages. Iowa School Nurses can use the mailing list to request information, share news and initiatives, and receive news. School nurses joining the iowasn mailing list will add their email address to the online school nurse mailing list and can send messages to all members at any time. Posted messages automatically go to everyone on the list, over 500 school nurses.

To join the mailing list, send a blank email to:

Join-iowasn@lists.ed.iowa.gov

To cancel the mailing list, send a blank email to:

leave-iowasn@lists.ed.iowa.gov

To send a message to other school nurses on the list, type title in subject, message in the body, and send to:

iowasn@lists.ed.iowa.gov

No other commands are necessary and joining is free.

Note: When sending a message include your school, address, phone number, and a resource you found for your question/comment. List members request the person who asks a question summarize responses then post the summary on the list.

Please contact Charlotte Burt, School Nurse and Student Health Services Consultant with questions and comments, email, charlotte.burt@iowa.gov, and phone 515 281 5327.